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Abstract: A massage and tactile stimulation device in the nature of a hand covering such as a mitt, mitten, or glove (10, 20)) to be worn on the hand of a masseur, therapist, or user (recipient) preferably in the embodiment of a glove (10). The device having one or more predetermined prominent projections (12,18, 22, 24) with or without friction areas (14,16). Both projections (12,18, 22, 24) and friction areas (14,16) may be of various shapes, sizes, colors, forms, and textures including smooth or pimpled. Both projections (12,18, 22, 24) and friction areas (14, 14') are secured to effective working areas of glove (10,20) to impart to a subject or patient a variety of distinct and improved manipulations such as deep pressure, grasping, and frictional rubbing.